



□□□□

Rathmann, Jens

□□: SV Schmalkalden 04

□□□: 1:11:43

□□□□: 11:57 min/km

□□: 6.00 km / 18 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 7(of 12)

□□□□□□□: 59:18

□□: 12:25

□□□□

□□	□□ □□	□□ -	□□ -	□□ %	□□□ □□	□□ -	□□ -	□□ %
1 (41)	1:39	4	0:20	25.3	1:39	4	0:20	25.3
2 (48)	2:36	8	0:41	35.7	4:15	6	0:51	25.0
3 (61)	3:45	7	0:57	33.9	8:00	6	1:48	29.0
4 (62)	4:13	9	1:48	74.5	12:13	8	2:46	29.3
5 (65)	5:32	7	1:22	32.8	17:45	7	4:08	30.4
6 (80)	2:01	3	0:17	16.4	19:46	7	4:25	28.8
7 (76)	5:22	8	1:31	39.4	25:08	7	5:54	30.7
8 (75)	1:04	4	0:11	20.8	26:12	6	5:52	28.9
9 (77)	5:07	10	1:25	38.3	31:19	8	7:03	29.1
10 (78)	1:35	7	0:23	31.9	32:54	7	7:17	28.4
11 (72)	7:53	10	3:15	70.1	40:47	9	10:32	34.8
12 (67)	11:46	6	1:37	15.9	52:33	9	11:00	26.5
13 (68)	0:51	4	0:09	21.4	53:24	9	11:03	26.1
14 (58)	4:06	8	0:54	28.1	57:30	8	11:52	26.0
15 (53)	3:59	3	0:34	16.6	1:01:29	8	10:17	20.1
16 (44)	4:08	10	1:26	53.1	1:05:37	8	11:43	21.7
17 (47)	3:52	9	1:28	61.1	1:09:29	8	12:11	21.3
18 (99)	1:59	7	0:29	32.2	1:11:28	7	12:22	20.9
□□	0:15	7	0:03	25.0	1:11:43	7	12:25	20.9